

ON TRACK WITH BARIX

Support to Keep You On Track With a Healthful Lifestyle

Incorporate Support

Keep your life balanced with healthy support & connection



Bariatric surgery brings about many changes all at once. There are the emotions surrounding the actual surgery, the abrupt reduction in food intake, a whole new set of “rules” to follow, foods to find and try, physical changes surrounding new anatomy and a shrinking girth, and all of the social aspects that these changes affect. The first few months are a whirlwind. As the dust begins to settle and the comfort level with all of this newness grows, life is good. It is fun to watch the pounds drop off. It is amazing to drop medication after medication and see your health improve before your very eyes. You can shop at a regular store, fit into a restaurant booth and easily tie your shoes—freedom, really, to do whatever it is you want.

The tool of bariatric surgery is very effective as long as you follow the “rules,” but the “rules” can be hard to follow consistently as life happens. Unexpected job loss, money issues, relationship troubles, teenagers, injuries, illness or other stressors come up.

Develop stress management skills before you need them.

Nothing derails a healthy lifestyle pattern like a major life stressor. The body’s reaction to stress sets you up for overeating and fat storage. Keep in mind that stress isn’t the event or situation; rather it’s your reaction to that event or situation. You can learn to control your body’s reaction, but you need to put skills in place ahead of time. If you wait until the stressor(s) hits, your best intentions will likely be overwhelmed. If you have a tendency to eat in response to stress, this is a must, because life happens and stress will come. Meditation, guided relaxation, regular exercise, good sleep habits, positive thinking, and healthy escapes can all be positive stress management skills to develop.

Consider the services of a therapist.

Utilizing the services of a professional therapist can help you to work through emotional issues and put some solid stress management skills in place. But few people seek out this resource as a means of support for many reasons. It could be that there is still, unfortunately, a stigma attached to therapy so there may be a feeling of embar-

assment. Symptoms may not initially seem severe enough to seek help. It’s hard to know what to expect if you haven’t been in therapy before. There may be a concern that the therapist will judge or belittle. In the middle of dealing with emotional stressors, there may be little energy left to work through issues or be proactive. Therapy costs money. Family members or friends may discourage—stating that it is just a phase or that if you only did “blank” everything would be better.

But a therapist may be able to help. Setting aside structured time each week to work through issues and build new skills is essential. Most people are not very likely to do that on their own. The insight of someone who is trained and not close to the emotions of your particular situation may be able to help you make breakthrough progress that wouldn’t otherwise happen.

When to seek help?

What warrants a therapy session? Rather than waiting until symptoms are unbearable, it may be more helpful to seek help when you begin to feel like you’re not yourself or are having symptoms that interfere with your life like insomnia, irritability or increased dissatisfaction. Another tactic is to

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Reconstructive Surgery

To receive a **FREE Reconstructive Surgery** guide, call **800-282-0066** or send us an email at rc@barixclinics.com with your name and contact information. Our reconstructive surgery program is currently performed at our centers in Michigan, and Pennsylvania.

Call us today for more information!

Share Your Success

Tell us about how your life has changed as a result of your weight loss surgery. Your story may be printed in this publication or on one of our websites and can serve as an inspiration to others.

Submit your story online
www.barixclinicsstore.com/share_your_story.html.

We'd love to hear from you!

QUESTIONS ABOUT FINANCING YOUR SURGERY?

Call a Barix Patient Service Representative
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be proactive and realize that food was a great friend, soother, and boredom buster before bariatric surgery and you'll need to find new ways to cope after surgery. The therapist will map out a plan to work through issues and build necessary skills.

Where do you find a great therapist?

To get the name of qualified therapists, you may want to ask your family doctor, community health center, insurance company, clergy, or family and friends.

It's important to find a therapist you can trust to guide you through the emotional issues surrounding your weight. You may have a consultation session with two or three therapists before choosing someone to work with. Most therapists will charge for a consultation, but it is money well spent to be sure you find a good fit.

In an initial consultation, you will want to ask enough questions to get a sense of how the therapist works and how comfortable you are talking with him/her. You should clarify their training, experience in working with people that have similar issues, and how they generally work. Look for a person who is warm and accepting, willing to challenge you when needed, is respectful, is easy to talk to, shares your basic moral values and maintains clear and healthy boundaries.

You've taken a big step to improve your health and well-being with bariatric

surgery. Make sure you have the skills and have worked through emotional issues to help you stay on track with your healthy lifestyle when life gets tough.

In the News

Letting people know how many calories are in the food they are selecting does seem to have an impact on their food choices and weight. Food labels need to be prominent so they are noticed and consistent. **Read more.** Now, to take it a step further, posting the exercise equivalents of the food may help people to better understand how the food will impact their weight. For example, if you knew that you'd have to walk for 5 miles to burn off a bottle of fruit juice, you might choose something else or a smaller portion. **Read more.** This makes sense. Many people don't spend a lot of time thinking about the calories in the food they eat. Even if they wanted to, the calorie information is not always



readily available. And then, if they were ambitious enough to locate the calorie content of a food, what would that mean to the bigger picture of what they eat in a day? And what do the calories in that particular food mean to them and their weight? The enjoyment of a bottle of juice may diminish if they need to spend the evening walking just to break even. It would be great to see more of this put in place and see how people respond.

Beef Tenderloin Skewers

2-pounds beef tenderloin
4 cloves garlic, finely chopped
1/4 cup grainy mustard
2 tablespoons Dijon mustard
2 teaspoons Spanish paprika
1/4 teaspoon kosher salt
1/4 teaspoon freshly-ground black pepper
1 tablespoon soy sauce, low sodium
2 tablespoons white wine vinegar
1 tablespoon honey
6-inch wooden skewers

Soak wooden skewers in cold water for 30 minutes to minimize burning. Combine all other ingredients except tenderloin in a small bowl and let sit at room temperature for 30 minutes.

Cut tenderloin in half (lengthwise) and then into 1-inch slices. Place beef on skewers so the meat lays flat. Brush the meat generously with the prepared glaze. Heat grill to high and grill meat for 2-3 minutes per side until desired doneness, brushing with remaining glaze throughout grilling. Remove from grill and serve. Makes 8 servings.

Nutrition information per serving: 247 calories, 32 grams protein, 12 grams fat, 2 grams carbohydrate, 422 mg sodium.

Read more at: <http://www.foodnetwork.com/recipes/bobby-flay/garlic-mustard-grilled-beef-skewers-recipe.html?oc=linkback>



Lemon Bars

1 cup + 2 Tbsp graham cracker crumbs
1 1/4 cups Splenda or Swerve sugar substitute
1/4 cup reduced-calorie margarine
1/2 cup egg substitute
2 tablespoons nonfat sour cream
1/3 cup fresh lemon juice
1 tablespoon all-purpose flour
1/4 teaspoon baking powder

Preheat oven to 350°F. Spray 11 x 7 cake pan with cooking spray. In medium bowl combine 1 cup crumbs, 1/4 cup Splenda or Swerve and margarine. Mix and pat evenly into bottom of prepared pan. Bake for 5 minutes and remove from oven.

Beat the egg substitute until foamy. Stir in sour cream and lemon juice. Add remaining 1 cup of sweetener, flour and baking powder. Mix well to combine and pour over baked crust. Bake another 10 minutes.

Evenly sprinkle remaining 2 tablespoons graham cracker crumbs over top. Continue baking for 8 minutes more. Cool on wire rack for at least 10 minutes. Makes 16 bars.

Nutrition information per bar: 46 calories, 2 grams protein 9 grams carbohydrate, 97 mg sodium.

It Worked for Me

Submitted by Danielle N.



I started out walking on the treadmill in my basement. I found that when I put on a favorite show, I could walk a lot longer. After several months, I joined a gym that offered different

types of classes. I needed to be pushed—and pushed I am. I would never work so hard on my own, but when I am in a class, I rise to the occasion and am seeing the rewards of my hard work.

If you have a POSITIVE ATTITUDE

and constantly strive to give your best effort,
eventually you will overcome your immediate
problems and find you are ready for
greater challenges.

Pat Riley

This month, you could earn a SPECIAL GIFT for your "It Worked For Me" tips or recipes! Just submit as many recipes and "It Worked For Me" tips as you like. The most original and creative will be awarded a special gift from our online store. Include your name and contact info with your entry – make sure your recipes follow Barix nutritional guidelines.

Tips must be submitted by March 31, 2015. Please send comments, ideas, recipes and "It Worked For Me" tips to Deb Hart, RD, LD at dhart@foresthealth.com.